# Evening World Daily Magazine

## The Pauline Furlong Women's National Army For Health

right, 1917, by the Press Publishing Co. (The New York Assning World), DAILY DRILL No. 25-For the Excessively Stout

HE excessively stout woman is not by any means the well woman, and no person who carries around many pounds of

excess weight can hope to accomplish much in the way of success in life. I have no written anything about obesity now for a year, and

my mail brings me many letters from new and regular readers asking me for some articles on this important subject.

I know that many of my readers who are employed or kept busy at home or in offices or shops are stout and suffer greatly as a consequence of tight corsets, constant standing, during many hours of the day. from nervous disorders and anaemia. cause obesity and have determination be chosen.



# Questions.

fruits. Copious water drinking, rest and very light diet, with short fasts, will help you also. All alcoholic drinks must be eliminated.

MAKING TOO MUCH TISSUE-HARRY A: It is possible to make too much fat in the body, and most athletes make too much musele. Few. nowever. Just be moderate and try

the hair in a bowl of water to which indigo. Do not use ordinary blueing

GRAY HAIR AT TWENTY-MAR-GARET H.: This is due to dysamia, or abnormal change in the blood constitution, and sometimes to extreme dryness. Massage with a little clive will on the tips of the fingers. General of the health, outdoor exercise wholesome foods, deep breathing, to accelerate the blood circulation throughout the body and scalp, may

ING-MRS. H. B. C.: This is not heart trouble. It denotes insufficient lung power. Continued excreise will each day until you can do them with

# Newest Things

According to an Italian physician

selentum cells, a New York electrician "Ferhaps they are only experimenting developing a typewriter which he ing with it, ' dus it,' I urged out expects to copy automatically any heartedly. "I wonder who the fellow ing matter placed in front of it, can be-some mechanical genius?"

not to overdo anything. PASTE FOR CHAPPED HANDS-MRS. W. L. K.; Make the following and spread on the hands at night. pefore slipping on loose gloves: Hone one cunce: almond meal, two cunces benzoin, fifteen drops. During the day wear rubber gloves when the hands are in water and, after washing them with soap, apply equal parts of glycerine and rose water. MRS. EDNA C.: Wash gray hatr in pure castle soap, meled, and then, after it is well rinsed and dried, dip

bring a partial or total restoration of the natural color of your hair. PAIN IN SIDE FROM EXERCIS- cal impulse, perhaps a new ray or

where."

Around the central lune of a new search for the starre. Now, fortu-ntiseptic telephone month-piece is a nation, is exceed as if we had made obtained for disinfectants that give some professes, small as it may seem. "Well," cried

According to an Hallan physical the first ordered from the mouth to the he did of averything how. He sains stanged is the seat of the senses of his head in his heads. Instantly it have suppressed by cocaline injections.

An Himola hyentor has combined these caseness of darks any collections.

An example, model does not said these caseness of darks any collections.

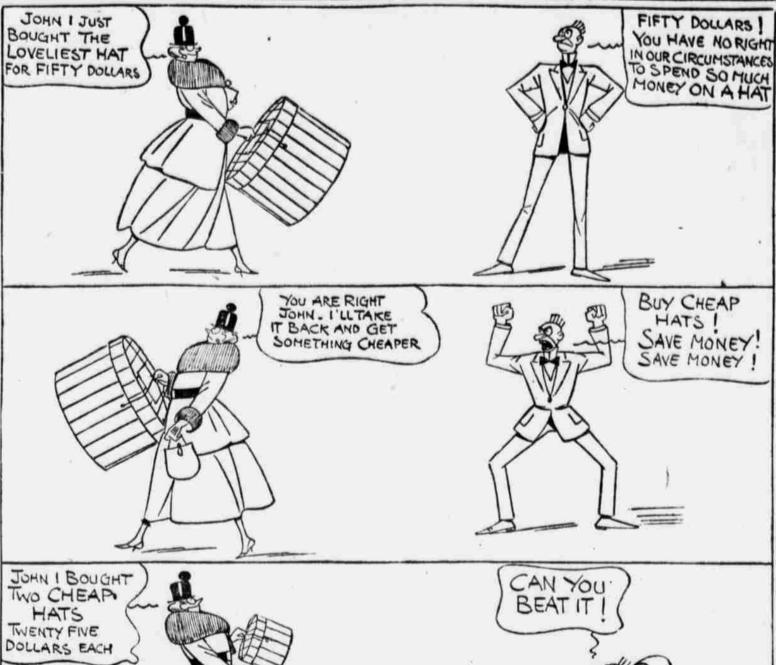
In model form an English inventor the invisible impulses that throbbed

that it is not a difficult matter to strengthen the nervee and increase keep the body in normal flesh if they the activity of the tissues, while foods but understand the conditions which which make rich, red blood must also

First of all, it is an erroneous idea Many stout women suffer greatly that a diet which weakens and starves the system is necessary, and a regular diet of wholesome, strengthening foods which do not create fat in the body should be followed. This will gradually reduce weight without lowering the vitality in any way. Fats, sweets and starches should be nearly eliminated from the daily meals and overfeeding must be avoided. Of course, this is good advice for all persons, fat or thin, because many disorders arise from nothing more than overcating.

Long, fatiguing walks should be avoided by stout women, and some of the time this practice would have consumed should be alletted each day for exercises for all parts of the body. Practise heavy massage on the fatty parts, such as the hips, with Answers to Health and Beauty a rolling pin, and punch the bag to reduce large bust and remove excess HIGH BLOOD PRESSURE-ALMA fat on shoulder-blades. Aim to re-N.: You should consult a physician, duce your weight and bring the body You should eliminate meat from your to normal proportions if you would improve your best in the body improve your health and accomplish better results from your labors.

Can You Beat It! Opposite 1017
The New York Evening World.) By Maurice Ketten FIFTY DOLLARS !





# The Evening World's Kiddie Klub Korner

## 'Under the Sky' Stories

AVE you anything special to do this afternoon, May?" Tom, hat in hand, asked the question of his neighbor and classmate, whom he had found to enjoy the same healthy woodland rambles that he liked so much.

"No, nothing special, Tom," wa May's answer.

"Then change to your camp-fire clothes and we will go for a short hike. Hurry a bit. I'll wait here." he finished, flinging himself on the

A few minutes later the two chums were swinging along on the open road. They had hardly spoken a word; they just walked. Now Tom said: "On the other side of this hill, near the base, where the ground is damp and rich. lives a butternut tree. Do you wish to visit Mrs. Butternut Tree and see if she has a treat for

"That would be great fun," an-

A heavy sprinkling of nuts lay on the ground. But May hesitated. "What can we carry them away in when we gather them?" she asked. "Our hats," answered Tom.

May shook her head. "No, they would get all stickey inside. I have it! We'll line the hats with leaves

They did not use butternut leaves to do the lining because they, too, are fuzzy and inclined to be sticky. The largest, freshest maple leaves were "My bandana bandkerchief will

hold a lot more," announced Tom, when almost all of the fallen nuts were gathered into the two hats. "Let

markeman was awarded! May an Tom beamed triumphantly upon a big pile of furry black busks.

"What time is it? Oh, the sun has gone down," said May looking very

gone down, said May looking very worried.

"No, it has not," soothed Tom.

The truth was that while the chums weren't looking the sky had clouded over. How were they to teil the time without the sun as a guide?

"Easily enough," boasted Tom.

Taking his Scout knife out, he held it upright with the tip resting on his thumb nail, then alowly turned until a shadow of the width of the blade showed on his hand.

"That is how to teil in which direction the sun is," said May.

"That is true, but you can also tell something about the time by the length of the shadow. If the sun is low the shadow is long. I don't suppose any one could tell the very first time they tried, but after a while a body gets to know. We had better

time they tried, but after a while a body gets to know. We had better move along."

What sport it was to try and hit the clusters of husks that hung temptingly at the end of the branches, and how abundantly the clever

# Cousin Eleanor's Klub Kolumn

### Dear Members:

HE cousins who have from time to time contributed bits of original patriotic poetry to the Klub Korner deserve a great deal of grown folks have written me to say they enjoyed reading it.

upon the clever work of my cousing but never more than on the late patriotic contributions. Why should you not be inspired in

these patriotic times—you children of praist. It has been so good that a great and glorious country? And why should not grown up folks read and enjoy your clever compositions? How proud and happy it makes us all when they do!

all when they do!

I have an apology to offer Cousin
Louiss Molinelli, who lives at No. 24
City Hall Place, New York. Last
Saturday, by mistake, her name was
left out of the list of members who
have continued their French Orphana
Fond wheeveltage up to date

Cousin Eleanor.



OCTOBER WRITING CONTEST.

THE Klub contest for October will be to see which members can write the best compositions on "Thanksgiving." Awards of \$1 each will be given to the members of each age writing the best compositions. These will be printed in this most in fear, as if it were alive and at any moment might respond to a spirit hand and shoot out its deadly in which Thanksgiving Day is observed. The contest will close Thurs-

ing his apparatus last night and the morning, as you guessed. Watter, commented Kennedy. "That would account for those long-continued impulses. If there had been any expenses, the Kastle Kind colors, bilds and gold, and bearing the Kastle Kind colors, will be given free to was, however, only an electric bulk.

On every side we could see pieces of gas pipe, boxes and paper. On shelves why some of his machines did not explore side was a work table littered by suspect the truth or he would be with tools, pieces of wire, boxes and watching now."

Think we should have seen some secures for new members and to every new his machines did not explore the four other new members. Six coupons, one side was a work table littered by suspect the truth or he would be with the signature, new and watching now." Individual midder apply for membership.

Members who cannot save the coupers may also

tain pentants by rending 10 cents with patte. PENNANT WINNERS.

# By Arthur B. Reeve

THE TERRORISTS ARCH PLOTTER AND SUPER-DETECTIVE MATCH TEMPERED METAL

WITS IN THIS AMAZING MYSTERY

### Follow Craig Kennedy on His Best Case

CHAPTER XV.

pardon for implying that messages it is merely a sort of wireless-electriwave-some form of energy, anyhow, which is being radiated from some-

morn that some one with this new which whereas power is sitting in abthis mysterious far-distant operator ground in a huge network, the wiresolute sorrecy and safety somewhere, of death might be, had had enough
tess-telegraph station.

Hurke opened the door, as if he pinter the informal machines which

German Hthographers have found "You saich the idea precisely, I have Theoretics the plating bath liquid by have tried I have not been able to get have him shown into our room immended. "Amateurs interfering?"

The morning and state our room immended. "Amateurs interfering?"

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The morning and state our room immended and the morning and state our room immended. "Amateurs interfering?"

The morning and state our room immended and the morning and the morning

of funcs in such a way as to kill all "Good He. ton?" exclaimed Hazle-germe that enter the device.

According to the discovery deviced on nim, and he

a surger, metal door mat and there he added in desperation, almost foremat in one article, the metal portion ing the word in his agony of spirit, being hinged so it may be lifted for turing to get on it his best interpretable direction in the best interpretable direction.

I watched the audion as it recorded

In model form an English inventor the invisible impulses that through the sir about us, read car that is raised above that the read above that its raised above that raise

Hazleton had leaped up, and al-HAT are they saying?" repeated sple difficulty be accorded by saying?"

"Saying?" repeated able difficulty be accorded by setting and all saying all

dently the arch terrorist, whoever wires stretched across and to

### CHAPTER XVI.

I ST before we turned in Ken, beside him. the morning, and Kennedy asked to face. "What's the matter?" asked Ken-

thought you had forgotten all about But, by Jove' those are powerful manufactured by the second by t

"Not a bit of it," said Kennedy, indeed, we could hear a crackling of sparks about parts of the ap-

farther along than before, and Nolan has made no progress, either."

"Well," remarked fraig, at length, with quite a fingle to the land holding the knife.
"I shall be trank with you, Burke I had nothing definite to report, myself. But now I think I have a clew."

Is overcharsed."

We now we had been introduced.

Kennedy aid so, and elicited large sparks, with quite a fingle to the land holding the knife.
"Worse than a thundershower."

Frumbled the operator. "That's the kind of trouble we have when the air is overcharsed."

But now I think I have a crew.

"That's Interesting.

"Yes" prompted the secret service Kennedy.

"I call it darned rotten!" exclaimed But now I think I have a clew," is overcharged."

only ting momentarily. "What has that to to Keisey. asked Kennedy, turning ellow do with picrat?" "Nothing directly. Everything in- over on the east side, a couple of hearstly.

is using a peculiar form of wireless, Burke tells me about," replied Kelnear this building too. I should sey. "On the roof there is an arthink that you would find that the Covernment operators about New of an amateur. Some one in the York have been having a devil of a time lately with their apparatus—not all the time, but off and on—say, late last night, for instance."

Briefly, Kennedy outlined to Burke lar."

Well, perhaps there may be no "I'll connection between the loss of the secret of paral and the wire eas," asserted Kennedy confidently, "but I am strongly of the opinion that there is. I believe that the same hand that

pardon for implying that messages. "Nothing has happened, as lat the hand behind these strange rate were being sent. I might get 'non can learn, to-night,' he reported, with impulses. At any rate, we can do probably if they were, but in this case it our room, where Kennedy was still nothing better than see." will go a seeing that messages are not being the working of the dog. It was not until the foreroon that guarded if we have him No. as far as I can make out testor.

No. as far as I can make out testor.

Werhaps Walter was right," comcould meet him at the Brooklyn Navy

"Perhaps Waiter was right," com-mented Kennedy, "and they are merely testing it out."

"Then they must be preparing something in the future, at least,"
persisted Hazieton. "We must be on our guard."

"We must be preparing to us at the gate, much excited. With scarcely a word of explana-tion, he hurried us up the roadway at the entrance toward a building, be-fore which stood two tall masts with Suedenly the audion stopped. Evi- fore which stood two tall masts with

were stready familiar with the place

"Is it there yet?" asked Burke anxnedy had despatched a brief tously, note to Burke, of the secret "Yes there it is again," said the service. He came promptly in operator, with a look of diagust on his

"Well," cried a hearty voice, "I that is what it is. Some one has been

"How goes the case about the loss of paratus,"

the secret of picral?"

"To tell the truth, I'm very little knife," naid Keisey, the other man farther along than before, and Nolan to whom we had been introduced.

interesting," remarked air

"Well;" asked Burke, ble face fall.

"Well;" asked Burke, ble face fall.

"Well;" asked Burke, and Kelsey hera has already been detailed to find this amateur who is interfering with the Gevernment wireless. He thinks has found out."

"When asked Kennedy, turning

n examined the lock car rew from his pocket a but is skilful manocuvring, turned it. whispered Kennedy

"That's a good idea," agreed Burks, no "Fil get Jimmy Dunn. What's the the matter?"

"Saying?" repeated replies from the sicepy servants at interference is over."

Kennedy, "I beg your all three places.

"Nothing has happened, as far as I sent I might get then need to be rejoined us in air of relief, as he rejoined us in this case it the formedy was still the formed that the same hand that there are should the explosive is claimed Kennedy briskly. "It has case it this case it the formed to the explosive is claimed Kennedy briskly. "It has claimed Kennedy briskly. "It was groping around, as if look-will go away and leave the place to keep explosives," and impulses. At any rate, we can do will go away and leave the place to keep explosives," and impulses. At any rate, we can do will go away and leave the place to keep explosives," and impulses. At any rate, we can do will go away and leave the place to keep explosives," and impulses. At any rate, we can do nothing better than see."

ome siong."

An hour later we met Dunn, who Buddenly there was a flash of light. was of the square-toed variety of detective, though a mighty good feilow, and eagerly followed Burke and Kelsky as they led the way to the pispected tenement which Kelsky had considered tenement which Kelsky had been surprised. It was however, only an electric built of the very side we could see pieces of the construction of

They led us eventually to a narrow one side was a work take littered enement street. On a corner we with tools, pieces of wire, boxes and aused for a moment before an illescraps of metal average where we could latter, "limit Heaven!" exclaimed Ken-

behilding eyes than any of the rest of inc., exclaimed Dunn, "the Three up: "this is a regular nomb fact the booker of this block are steeped the most amazing exhibits that my or crime of forty years. But experience in crime has ever led my inc, the Three Deuces, has the arross. Look!"

I distory of all, We it have We followed him in awe as he of

strainey pointed out the bound.

It will have a street of the house of this black are steeped to the most sumating eyes that any of the reas of the black are steeped to the most sumating eyes that are the bound of forty years. It was a standard process of the most sumating eyes that may of this black are steeped to the most sumating eyes that may of this black are steeped to the most sumating eyes that may of this black are steeped to the most sumating eyes that may of this black are steeped to the most sumating eyes that may of the most sumating eyes that may of the steeped to the standard of the most sumating eyes that may of the steeped to the standard of the most sumating eyes that we will be the standard of the most sumating eyes that we will be standard to the stand base in this compartment also, additional reason why it should be place we sought, since that would

Kennedy had suspected. had see Kennedy tried to look up, but could report. not. "Still, I am satisfied." he re-

## How a Man and a Woman Stood the Great Test A Complete Story in One Week-Begin it Monday, Oct. 22

"Just the place to keep explosives," m have him meet us somewhere hear a glimpse of in the moment when the the place. Kelsey, or course, will little circle of light had given him his

d saloon, where we could lorer, "thout Heaven!" exchange Actions, and surveyed the promise nedy, as he looked quickly about the promise alrange waith with more compressely pointed out the house. hending eyes than any of the rest of the country of

specify, on the table, was an electronic copper wire from a coll which tric key and various other pieces of tay in a corner.

Appearatus which were somewhat electronic through the furnace, one could feel the less-telegraph station. From then the furnace, one could feel the less-telegraph station. From the furnace, one could feel the less-telegraph station. From the furnace, one could feel the less-telegraph station. From the form the furnace, one could feel the less-telegraph station. From the four thing slightly. Kentended had asked me, from time to foot of the air shaft to the roof, as the seemed outle satisfied with my

all the time, but off and on easy, was that they led down to the collection, the fieldy. Kennedy outlined to Burke in."

And," spoke up Burke, "we're going to raid the place this afternoon, the following to come minng."

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"And," spoke up Burke, "we're going to raid the place this afternoon, the following to raid the place this afternoon, the following to raid the place this afternoon, the following the following about the city for vious possible that they led down to the composition to help you locate the state of the state of the radio law. This," he muttered, carefully distinct the wireless impulses, the house first. Then we'll get in touch possible that," he muttered, carefully distinct the following and other things that the following applied an a theory of his own in order to explode the infernal maybe we can land something right."

"And," spoke up Burke, "we're going to raid the place this afternoon. The following the door. As Craig marked, "that they do run to the door. As Craig marked, "that they do run to the loor. As Craig marked, "that they do run to the loor. As Craig marked, "that they do run to the loor. As Craig marked, "that they do run to the loor. As Craig marked, "that they do run to the loor."

"And," spoke up Burke, "we're going to raid the place this afternoon, the following actions on the roof, which seem to but darkness. We entered. Not a marked, "that they do run to the loor."

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"And," spoke up Burke, "we're going to raid the place this afternoon. The following actions on the roof, which seem to burke t

HE subterranean vault of brick these little sparking arrangements and stone was a large square which we see here." compartment, dark as pitch marked Burke, with a sort of grim "Wouldn't Nolum enjoy this?" reumer at the ghastly pleasures of his We looked at the arrangement al-

The fellow must have been test- day, Nov. I.

stening now."
"More than likely," agreed Craig, He was examining a little quartz-ined electric furnace, which was evi-lently used for heating soldering

ploded. rangement and to them attaching Nearby, on the table, was an elec- some copper wire from a coil which

had seemed quite satisfied with

(To Be Continued.)

JOSEPH KIEALY, age seem. No. 85 Vande